ANTERIOR CAPSULAR SHIFT PROTOCOL

Phase 1 - Protection Phase (0-6 weeks)

GOALS:

Allow healing of sutured capsule Begin early protected ROM Retard muscle atrophy Decrease pain and inflammation

0 to 2 Weeks (Home Exercise Program)

Precautions: Sleep in immobilizer for 4 weeks

No overhead activities for 6 weeks Continue to use sling as directed

Begin Theraputty Exercise

Perform elbow flexion/extension and pronation/supination

Codman's exercises (non-weighted)

AAROM using cane - Flexion to 90 degrees

Abduction to 60 degrees

Ext Rotation to 15-20 degrees with arm abducted 40 degrees

AROM Cervical Spine

Use ice and NSAID's to decrease pain and inflammation

2 to 4 Weeks (Home Exercise Program)

Continue AAROM using cane - Flexion/Extension to tolerance

External rotation to 25 degrees with arm abducted 45 degrees Internal rotation to 65 degrees with arm abducted 45 degrees

Shoulder Abduction to tolerance

Shoulder horizontal abduction/adduction

Isometric strengthening - All planes

Use ice and NSAID's to decrease pain and inflammation

4 to 6 Weeks (Begin in-house Physical Therapy 2-3 times a week)

Pulley exercises to tolerance for 15 minutes

Shoulder mobs (Grade II) in all planes with ROM

AAROM - External Rotation 25-35 degrees with arm abducted 45 degrees

External Rotation 5-10 degrees with arm abducted 90 degrees

Internal Rotation to 75 degrees with arm abducted 90 degrees

Flexion/extension and abduction to tolerance

Begin Shoulder Tubing Exercises

Ice following treatment

Phase 2 - Intermediate Phase (6-12 weeks)

GOALS:

Full nonpainful ROM by 10-12 weeks Increase strength

6 to 8 Weeks

AAROM to tolerance all planes

Continue shoulder mobilization

Begin dumbbell exercise program all planes

Ice PRN

8 to 12 Weeks (Begin Home Exercise Program once full Painfree ROM is achieved)